

The Mighty Oaks

Menopause Health Walk and Talk

Starting on Wednesday the 21st of February every two weeks from Greyhope Community Hub in Torry at 1300 with the option to stay for a chat and cuppa until 1430. This will be hosted inside if the weather conditions are poor. The number 59 bus stops right outside the door.

Why not come along and chat to individuals who have also been affected by the Menopause!

**For more information please email:
SWSC@aberdeencity.gov.uk**

